

LIVE AND
GROW YOUNG

ARTHUR EDWARD STEWELL

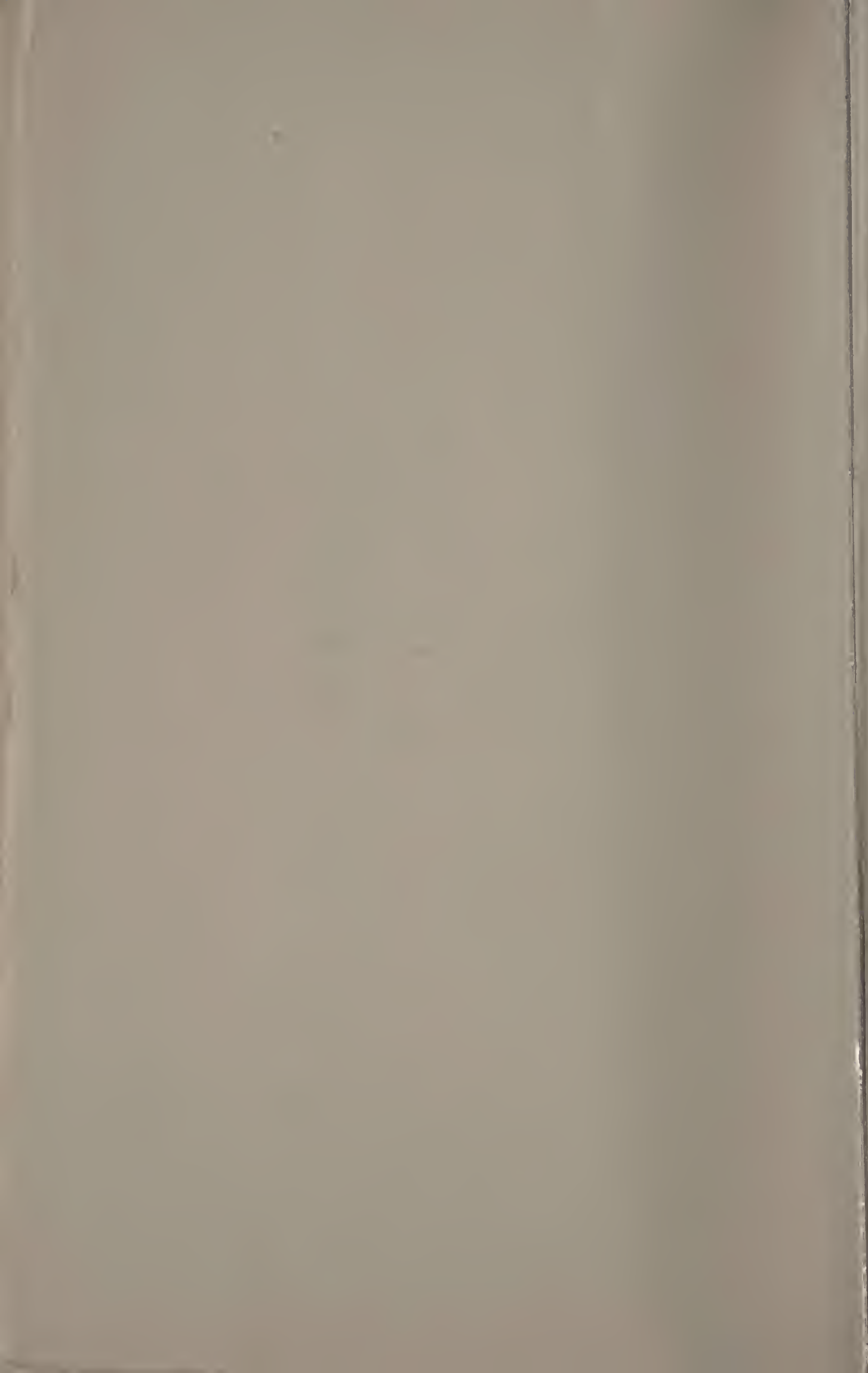


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LIVE AND GROW YOUNG

BY

ARTHUR EDWARD STILWELL

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WORLD (EXCEPT GERMANY)," "THE GREAT PLAN,"
AND "THE LIGHT THAT NEVER FAILED"

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RESPECTFULLY DEDICATED

TO

CHAS. M. SCHWAB

FOR WHOM THE AUTHOR HAS
ALWAYS HAD A HIGH REGARD

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LIVE AND GROW YOUNG

FOREWORD

During the last six months the subject matter of this book "Live and Grow Young" has been given to me in my sleep by those in the spirit world. Their logic appealed to me. I had always resented the seeming injustice of the short span of man's life. But, when my unseen visitors informed me that it was possible to prolong life by following their advice, my interest grew until I impatiently awaited these rarely interrupted nightly talks. Soon I came to realize that these disclosures were having a beneficent effect on my health. I seemed to shed years; my viewpoint of life changed; elasticity came into my step. No books I had ever read, no lectures I had ever heard had produced such an effect on me as this new revelation. I not only noticed the remarkable change in myself but many of my friends commented upon it. In giving this book to the public, it is my sincere desire and hope that the truth it reveals will benefit others as it has me.

All my life, even when a child, I have received messages from the spirit world and they have greatly influenced my life. When I was 15 years of age my life's companion was selected for me by this choir invisible, and I was told that I would marry her when I was 19 years old, which I did. The wisdom of their selection and my appreciation of it has been the paramount factor in strengthening my faith in these leadings.

From the plans and advice received in this way I have been able to build five western railroads, 2,500 miles altogether—more than any other living man has constructed. By this means I have founded forty odd cities and villages with a combined population of more than 125,000. I was warned by my nightly advisers not to make Galveston the terminal of the Kansas City Southern Road because that city was destined to be destroyed by a tidal wave, which prediction was fulfilled, tragically, four years later. Thereupon, I constructed the City of Port Arthur, Texas, and built the Port Arthur Ship Canal and Harbor under the same guidance, not deviating from the plans revealed to me in any way.

In 1910 they told me that a great war would appall and deplete the world and directed me to write a book on universal peace and dedicate each chapter to Their Majesties, George, William and

Nicholas, as the future peace of the world lay in their hands. The book was published by the Bankers' Publishing Company, of New York, in 1911.

In September, 1914, my spirit friends dictated to me a second book on universal peace and indicated outlines for a League of Peace that I am convinced is workable and seemingly perfect. In this book, they—through me—predicted the defeat of Germany; the breaking of the autocratic power of Russia; that Finland and Poland would regain their independence, and Jerusalem be returned to the Jews. This book was published in London, January 1, 1915, under the title, "To all the World except Germany." The third book, "The Great Plan," was dictated to me from the shadow land in 1917 and published by Hodder & Stoughton, London, in 1918. It contains a complete plan for Universal Peace—simple and practicable.

Since that date these messengers have dictated to me over twenty novels, some photo-plays and several songs, although I do not know a note of music. The first novel, "The Light that Never Failed," has just been issued by Jerrolds, Ltd., London, and others will soon follow. While the books on peace, like this message on "Live and Grow Young" came to me serially night after

night each novel was given me complete in one night. My mind's eye and ear visualized the scene and heard the text. These books were dictated to me as plainly as anyone hears ordinary conversation and made such a vivid impression on my mind that I could reproduce them verbatim years later. Since these novels and plays are only transcribed by me, I may be allowed to say a word in praise of them. They are unusually clean, vital plots and will be a purifying power to uplift and fill a long-felt want in the photo-play world.

There is no doubt in my mind that these messages come from the spirit world, and that this circle of spirits that communicates with me by this rare method is comprised of engineers, poets and authors. Some say it is due to the operation of my sub-conscious mind. I will not argue this. This book is no brief for spiritualism. It contains and exploits the message of "How to Live and Grow Young." How these truths came and from whom they came, the reader may surmise for himself; it is immaterial to the author. However, it is his earnest hope that the book will fulfill its mission and prove to be of great help to thousands.

The results he has achieved in this remarkable industrial development of his country during the

past thirty years should make the reader receptive to this, his guidance, which if followed, should enable the follower to become the master mechanic of his body, to consider it an adaptable machine for the expression of harmonious action in all organs and functions. Thus, his years will lengthen and become peaceful and harmonious.

The question will naturally arise in the mind of the reader—"IS the Author a spiritualist?" In the common acceptance of the term, he is not a spiritualist and he has read very little on the subject. He has never attended a spiritualist meeting and has encountered but one medium. He is a spiritual-list. He lists for spiritual messages. The definition of the real spiritual-list he gives to you as it was dictated to him in the following chapter.

He is fully convinced that death is but a passing to a new plane of consciousness and that this truth is more or less withheld from us so that we may not be distracted from our daily problems. The knowledge of the reality of immortality has been revealed to a few in every age to keep the light burning on the altar of faith and the circle receiving these communications is ever widening. The fact that messages are received from the spirit world by many is a foregone conclusion, and since a number of newspapers, led by the New

York *Evening World* and Boston *Post* have published the autobiography of the author relating these remarkable experiences, it has brought to him numbers of convincing proofs from others from all parts of the United States.

The fact that spirits can communicate with us is in itself of little moment, and there may be great danger in attempting to delve too deeply into the unseen. Messages that appear to be of vital importance to the world or to those who receive them, should be carefully weighed and not blindly accepted. It is necessary to stay on earth, to keep calm and not allow the fact of being able to communicate with the next plane make the recipient a "nut"; for life can be wrecked if undue importance is given to this phenomenon. It is better not to waste time waiting for them. Attend to your daily affairs and when messages are received, weigh them well before acting upon them for the spirit, or spirits, that convey them may be those whose advice, were they on earth, you would ignore. Death does not immediately nor necessarily endow man with wisdom. "Test the Spirits" according to Bible admonition.

While the experiences recorded in these pages are unusual, the author is not alone in this field. Robert Louis Stevenson states that all of his novels came the same way—in his sleep. Socrates

was in constant communication with the other world and states that the wisdom he handed down to man came from spirit messengers whom he called Darmones.

The author believes that the prevailing doubt in spiritual communication withholds this experience from many, but why should those who believe in the Bible doubt spiritual communication? The Bible says "Try the Spirits," "Cultivate Spiritual Gifts," "Despise not Prophesying."

"It shall come to pass in the last days, saith God, I will pour out my spirit upon all flesh, and your sons and your daughters shall prophesy and your young men shall see visions, and your old men shall dream dreams."

Abraham, Joseph, Pharaoh, Israel, Gideon and Daniel told their dreams, were impressed by them and acted upon them.

"Since Samuel's Ghost appeared to Saul, of course, My Brother's Spirit may appear to me."

It was a dream that caused Joseph to take Christ into Egypt. The Wise Men were warned in a dream not to return to Herod. History is filled with records of dreams bringing about great reforms. D. D. Home, the favorite psychic of kings during the reign of Alexander II, materialized Nicholas, the father of Alexander II, who

recognized him and following his advice, freed 40,000,000 serfs.

It is said that spiritual messages to the Emperor Joseph of Austria induced him to grant religious freedom. History tells us that John Wesley, the founder of Methodism, had spiritual manifestations in his home for over thirty years. The Swedenborgian religion is founded on visions.

Joan of Arc changed the history of France by her vision from the spirit world. From about the age of 13 she declared she heard heavenly voices which at last became very definite in their commands to go to the aid of Charles and liberate France.

Sir Arthur Conan Doyle, Sir Oliver Lodge, Maeterlinck, and a host of eminent and credible witnesses have had convincing proof of unending life, and if this volume helps to strengthen and establish this belief, and aids in the acceptance of the message "Live and Grow Young," the Author will be repaid; but even if the reader cannot accept it as a message from the spirit world, the logic in these pages will aid in the task all have before them of arresting the ravages of time and luring from each day and year, peace, health and happiness.

THE REAL SPIRITUALIST

When a person is designated as a spiritualist, those who are not of that faith usually think that the person mentioned spends most of his time evening after evening in some dark, musty, unventilated room, waiting for an unkempt medium to produce in time the ringing of a bell or a few notes from a banjo. This may be true, as it is in a great many cases, but spiritualism is not this by any means.

Spiritualism is a power in the world for the development of faith in immortality, and it has come to stay, but frauds will be found among those that seek it and among those that expound it, and it must not be judged by its dishonest exponents. It has brought great comfort of late to thousands. Many of those who have turned to it for comfort may, as their sorrows are banished by the passing of years and other interests, forget it; but others will take it up and it will grow as the years pass on, but the real spiritualist of the future will insist that this word has two ll's—spiritual-list,—it will mean those that list for

spiritual messages,—spiritual messages that come in all manifestations of God and nature. The real spiritual-list will not need to neglect his home and rush each evening to some seance, and sit with hands on the table hoping it will move and spell out a few words, but he will see evidence of spiritual life and its manifestations in all nature; in the reproducing of life; in the budding of trees and the fragrance of flowers; the roar of the sea and the song of the birds—all will speak to the real spiritual-list of God. He may be a Jew, or Gentile, Mohammedan or Buddhist, and yet be a spiritual-list in the highest sense of the word. All of nature will be a message from the unseen, and by this uplifting of thought he will see the truth in the twenty-third, ninety-first, and other psalms, and by listening for spiritual truths, they will seek him and he will hear them. All of nature will speak to him of the Infinite. He will unconsciously feel he is a part of the whole expression of God. He will know that in boundless space are paths that he will some day tread, and that the knowledge of them in its entirety is only withheld that he may not be distracted from the problems of to-day, all he sees and hears will just be notes from God and he will not need seances to convince him of their truth.

JUST A NOTE FROM GOD

It was just a note from God,
That came in the lily fair:
It was just a note from God,
Borne on the fragrant air;
It was just a note from God,
In the rainbow-tinted sky,
He drops them down that we may read
As the days and years pass by!

It was just a note from God
In the banked and angry cloud;
It was just a note from God,
In the thunder crashing loud;
They are all just notes from God,
Notes never writ with pen;
But on gaunt rocks and fields of flowers—
Notes to be read by men.

THE LIVING LIFE

There are for each resident of earth, two paths to take—the Living Life or the Passing Life, a life that renews itself or a life that exhausts itself, a life of the thoughtful person who has preserved and retained the life-flowing vigor or the one whose life force has been lessened. The dictionary definition of life is really little comprehended, but it is in reality the great truth. The definition of life is union of body and soul. The definition of soul—the spiritual, rational, immortal part of man; therefore, mortal man has a compound existence of a mortal body and an immortal soul. If mortals could see themselves as they are seen by those on the next plane, they would see that each person has and lives in a distinct atmosphere that reflects all colors and is changeable as thought changes—that great characters have great atmosphere, and, no doubt, the idea of the halos surrounding the heads of holy persons came from the fact that their atmosphere was so pronounced that it could, at times, be seen.

The definition of atmosphere is “gaseous envelope surrounding any heavenly body, the in-

fluence (mental and moral) exerted on a person by their environment.”

Now man, like the stars, has his own atmosphere but it is not made from the influences, mental and moral, exerted on him by his environment. It is partly inherited, but mostly made by man himself. It is this that is the life force of the human body, and when this is a strong, steady, unchanging atmosphere, the body works in perfect harmony.

There are healthy atmospheres and unhealthy ones, just as there is a healthy atmosphere on the mountain tops and there are unhealthy ones in the swamps. As man is master of his thoughts and deeds, he has the power to create a healthy body with a living, vitalizing atmosphere, and thereby lengthen his life. When this is fully understood and realized, the span of life will be doubled and trebled and in time carried on almost indefinitely. As long as man believes that the span of life is three-score-years-and-ten and that old age and death are inevitable, his body will respond to that belief. It will rob him of the power to create a living atmosphere and the spirit can find no entrance to the channel through which to express itself.

When a child is born, its atmosphere is a combined hue of that of its parents, the color of the

stronger parent predominating. If the parents had a sense of weakness, the atmosphere of the child usually reflects this weakness. As the years pass on, the child by its life and thought, creates a personal atmosphere.

Everyone is free to create his own atmosphere, and can by visualizing and affirming life, health and strength, change it to one of life more abundant.

The mesmerism of years is the most depressing power in the world to kill ambition and shorten life. We really live in Eternity now and "The Kingdom of Heaven is within" each one of us. Death will not reveal it. Man has the power to create his own Heaven here by right thinking. Thinking is the most important business of life. "Out of the imaginations of the heart cometh the issues of life." Our thought has as great a power on our atmosphere as light has on the sensitive plate of a camera. It receives whatever mental seed you give to it and will create and give back to you whatever you think into it.

As times passes on and 60, 70 and 80 years are reached, the poisonous thought that the end of life is drawing near is a seed planted in the soil of your sub-conscious mind which is reflected in your atmosphere. The latter starts to shrink and that which extended for over a foot or two from

the body during youth, now each year grows smaller and smaller. Each time age is thought of brings lessened days—a shorter life. The atmosphere grows weaker and less able to furnish the life force for the mortal machine and the hour comes when this fear has entirely destroyed the living atmosphere and as the mortal machine has no reserve power from which to draw, death follows, as the auto must stop when there is no gas in the tank.

This is the truth for man—that he can create each day a living, vitalizing atmosphere that will furnish the needed power for his mortal machine. If it could become a fact to us that years did not in any way produce weakness, that years only added strength; if when we reached the prime of life, we could mentally reverse the years, each year growing younger instead of older, really believing that we were growing younger, decrepit old age would in time be eliminated. This conviction would produce a life-giving, life-sustaining atmosphere and 60, 70, 80, 90, 100 and 150 years would be reached with our natural force unabated. Our atmosphere would radiate youth and the functions of the body would work in harmony.

“Ye shall know the truth and the truth shall make you free.” Life is God. Life is eternal. Then, why not Live and Grow Young?

THE LOST ART OF LIVING

In the following chapters we will consider some of the errors of life and show the reason why life is not longer; why the art of living long is a lost art; also the needed plans to prolong life and to create a life-giving atmosphere.

All acts and thoughts have their direct influence on the individual atmosphere. Crime waves, war, fear of wars, fear endangered by the press, depressing and depraving bitterness, abnormal appetite and intemperance of all kinds; all of these take from man the power to create and maintain a healthy, vital, life-giving atmosphere on which the material body lives as the fish lives in the water.

The art of creating a life-producing and life-prolonging atmosphere is a lost art, but one that can be regained. This book will have its effect on the thought and lives of thousands and thus others will be inspired to follow the plan of living here recorded and create their own healthy atmosphere.

It is necessary, only, to consider some of

the great leaders in Bible history to understand that the art of living long is a lost art. Moses was 120 years old when he died. His eyes were not dim nor were his material forces abated. The years of Isaac were 180. Joshua died at 110. Rehoboam was 140 when he began to reign and reigned for 17 years. Job lived to 140 years of age and there are records of many others who attained even much greater age. In those days the food was more simple; exercise was forced on all men; lack of modern errors made life more simple. They had no daily sensational press to tell them of all the murders and suicides that happened in all parts of the world, and fill their minds at the beginning of each day with revolting, depressing news. The disasters that befell the world were not known until years after. Men lived simple, God-loving lives and it was thus easy to create the necessary life-producing atmosphere; easy to consider and believe that long life was possible as they had examples of others who had lived to be 140 and more years.

Then, the mesmerism of three-score-years-and-ten did not erect that deadly barrier in thought as it has for the people of this age. This belief that three-score-years-and-ten was the allotted time of life has done more to shorten life than

all wars and plagues the world has ever experienced, and when this mesmeric thought is broken by a few, as it will be, life will at once lengthen for the mortal body renews itself as long as life lasts, and renews itself according to the pattern you give it, and if the atmosphere in which you live is renewed daily, purified by healthy thoughts, it will be possible to almost indefinitely prolong life.

One of the causes that has shortened life in the past has been the gloomy hue given to it by established religions with their creeds of predestination, foreordination, infant damnation and the belief that earth was a vale of sorrow from which death liberated man. Today, religion is being lifted up, purified, clarified, and man is finding religions of hope and joy. No truth can be encompassed by creeds nor copyrighted. Man should be free to express his own inspiration and not be held in bondage by organizations and creeds; his mind should always be open to new thought which is truth forcing itself on man, and be it new thought in an old established sect or a new sect with new thoughts that uplift, they are all good, spiritual elevators. Some appeal to one and some to others. They are a part of progress and it is right to progress, to be free, to perceive and accept

greater enlightenment. 'When man is ready for a new revelation, it is given him. It is always knocking at the portals of thought as the truth in these pages, and as God is the same yesterday, today and forever, that which was accomplished in the days of old, can be accomplished now.

~ This lost art of long life can be regained. Why not try to regain it. At any rate, by cultivating healthy, hopeful thoughts, you will be happy and a joy to those you meet. You will help to make the world a better place to live in for all who come in contact with you. A hopeful, healthy atmosphere draws to you cheerful, happy, successful people like the magnet draws iron. Regain, if you can, the lost art of living long.

To regain the lost art of living, you must accept Christ's statement that death is an enemy and if an enemy, you have a perfect right to combat it. This statement has never been accepted by the so-called orthodox Christians, but instead they have accepted the fable that the allotted life of man is three-score-years-and-ten. This powerful, poisonous lie is in nearly every conscious and sub-conscious mind and is more powerful than any thought or belief that man has to contend with in his battle for a long life; more powerful than all other beliefs and fears in the world. It is a murderous thought. It assassinates

man just as he has arrived at years of usefulness, few, if any, objecting to it—nearly all blindly accepting it. Is there anything on earth that we so blindly accept as we do this three-score-years-and-ten lie? Man did not blindly accept the tallow dip as the final means of light; man did not accept the horse or the ass as the only means of transportation. Man did not accept the apparent fact that the only place for his feet was on earth and that the sky was for the birds, or that the depths of the sea were only for the fish; nor did he accept the slow post as the only means of carrying messages. And it is on account of this impelling desire to improve and accomplish that which seemed impossible, that we today light the world by electricity; that we are able to travel 60 and 80 miles per hour by train; that we have wrested from the eagle his sole domain, the high heavens. Everything that comes to bless the earth must first be an idea in the mind of man; a vision in the mind of some so-called visionary man. Such a person was Socrates. The age in which he lived was not ready for the wisdom he expressed and they gave him the hemlock cup.

The lie that three-score-years-and-ten is the allotted time of man's life has been believed too long. Its autocratic death-dealing power must be destroyed. Man will never be free from the

shackles of this belief until he perceives and understands that it is a fable. When that is understood and realized, long life will be re-established and accepted as naturally as the world accepted electricity in the place of gas and the tallow dip. The orthodox Christian will answer that it is God's decree that three-score-years-and-ten are the allotted years of man's life and many will continue to believe it the same as they believe the fable of the earth being made in six days and the whale swallowing Jonah, and those who believe this fable will come under it and depart. As they pass on, let us hope they will take their fable with them.

If it were the creator's will that man's allotted time on earth is three-score-years-and-ten, death would not be an enemy, but part of the creator's scheme of existence. Christ said that death was an enemy. Why not accept his statement? He also said that he came not to destroy the law but to fulfill it; therefore, we should look upon death as an enemy as Christ did and do all within our power to banish it and prolong life. Wherever Christ went, he was healing the sick and raising the dead. If death was part of God's plan, he would not have attempted to overthrow it.

People can drink contaminated water, and those with vital constitutions will perhaps be able to

resist its effects for some time, but those who have weak constitutions will sooner or later suffer from it. And so it is with all diseased and discordant thoughts—only those with strong constitutions are able to entertain them and survive, and even they pay the penalty in a weakened atmosphere and shortened life. Why hold them when there are plenty of good, strong, life-producing thoughts which enable you to Live and Grow Young. We have the power to choose our thoughts, so why not choose harmonious thoughts—life and health thoughts.

Avoid, all you can, everything connected with the death thought. Do not form a habit of looking for and reading the obituary notices in the paper. Never mind who is passing away. Keep your mind on life and everything it represents. Do not attend funerals just for the sake of seeing how they are conducted. Some people make it a practice to go to the funeral of every prominent person. It, no doubt, amazed the disciple who asked Christ to allow him to attend his brother's funeral when he answered—"Let the dead bury the dead; follow thou me."

While it may be necessary to attend your brother's funeral, you need not make a practice of attending those of all your distant relatives and favorite movie stars. Funerals are permeated

with the mesmerism of death. They fill your mind with gloom and depressing thoughts until it is impossible to create a living vital atmosphere for yourself.

This is the new truth that three-score-years-and-ten being the allotted span of man's life is an unfortunate lie. See the truth and free yourself from its deadly power.

FROM

“THE LIBEL”

BY ANGELA MORGAN

There is no crime against the human race
More terrible than age—to take new gold
Perfect and pure from the eternal mould
And stamp so huge a falsehood on its face.

How dare we halt and shrivel with the years?
How dare we bow to death, decay and age
When Life that thunders through a million spheres,
Terrific torrent of creative rage,

Sings in our sinews, laughs within the blood,
Cries, “Counterfeit!” to man’s poor tale of blight;
Shouts, “I can make you over in a night,
If ye but yield to my renewing flood.”

O Man, predestined creature of the sun,
Speak, in thy might, but the stupendous Truth—
Thy thought, thy will, thine aim and Nature’s one—
And thou shalt know at last eternal youth!

THE MESMERISM OF YEARS

The mesmerism of years does more to shorten life than all the so-called disease germs of the earth. It robs man of the needed life-giving, life-sustaining atmosphere on which the mortal body lives. It takes from man the youth tints and colors that are necessary to produce youth and maintain it in all its freshness.

Rise above the mesmerism of years if you would retain youth. Then the lines of age will not be manifest in your face. You will stand erect at 100 or more and your step will have the elasticity of youth, for your thoughts and your viewpoint are building your atmosphere and will be reflected in your body. After 50 the mesmerism of age slowly comes into your thought consciously or unconsciously; you mesmerize yourself each time you look into the mirror; a few gray hairs appear; you remember your father's hair was gray at 55 and your grandfather's at 50, so you accept it as inevitable and do not attempt to resist it. At 60 you daily think of the friends who are passing away and wonder how much

longer you may last. Pains come in your joints. You accept them as an indication of years. You give your system just the atmosphere needed to produce more pains. There is no resistance.

Were you to find a burglar in your room attempting to steal you would resist him with all your power, but the greatest burglar of all—Age—is not resisted. Though fearing and hating it, you encourage it. At 70 you daily think you are within five years of the so-called allotted span of human life and wonder if you will reach it. One-half your time you consciously or unconsciously wonder how near the end you are. You are weakening each hour the life atmosphere on which the body lives. Could you see your atmosphere you would understand how weak it was becoming and how necessary it was to arouse yourself to a realization of the youth consciousness to combat this mesmerism of years. At 80 you figure you have perhaps lived longer than any relative you can remember. You expect weakness and accept decrepitude as your lot. You accept the admonition of those near you that you are not as young as you once were and that you must be very careful; your atmosphere is depleted each day until there remains no life force to sustain the mortal body, and that which you greatly feared has come upon you. Why not resist this

mesmerism of age? It is not an impossible thing to do. Think youth thoughts and age will lose its power.

Understand that Moses at 120 had perfect eyes and his natural force was not abated; that Isaac did not give up until 180 years of age; that Job lived to 140 years of age. Smash the belief of three-score-years-and-ten. Get in the Job consciousness. If you cannot grasp that, fall back on the Moses consciousness and reach out for 120. You are the master of years. It is your inheritance to have and to hold life and you can do it just as long as your vision will allow you to build the needed atmosphere on which to feed your mortal machine or body—the atmosphere that allows it to function life.

If you cannot look in the mirror without seeing the marks of years, do not look in it until you have acquired the youth consciousness and allowed it to fill your mind and thought brimful. Make a practice of smiling at your reflection in the glass. It will make you look and feel younger and have a tremendous influence on your atmosphere. Affirm youth before you go to sleep. Affirm it when you awake. Walk the streets full of the conscious conviction that you are young—that you are youth. Feel life vibrating through you with each step. Affirm youth and all it represents—

bright eyes and glowing cheeks, elastic step and graceful bearing, and you will develop an atmosphere that will enable you to retain the natural color of your hair, your eyes will not grow dim, and you may as Moses did, reach the age of 120 with your natural forces not abated.

The late Dr. Metchnikoff of the Pasteur Institute of Paris said that men should live to at least 120 years of age, so you see Moses did the proper thing and while he led the children of Israel out of the wilderness, he also brought himself out of the old age thought which is indeed a wilderness for the majority of men.

There resides in New York a gentleman 78 years of age. His hair has retained its natural color; there are no lines of age on his face and you would not consider he was over 45. A friend asked him to explain the secret of his marvelous youth and his answer was—"I never allow age to enter my mind; I always think youth." If this gentleman could do this, you can. He understood *How to Live and Grow Young*.

The London *Lancet* a number of years ago stated a case where a woman went insane at the age of 20 and never realized the passing of years, always believing herself to be 20. At the age of 79 she still retained the appearance of youth.

The above two cases prove age can be defeated

by changing your belief and breaking the mesmerism of years. If you feel any force or power is growing weaker or that you have lost it, run after it and command it to come back. If your hand begins to tremble, do not accept it as a necessary affliction and expect it to grow worse and perhaps develop into palsy, for this picture has creative power and if your fear is strong enough your body will produce it. Know that it is only the false mesmerism of years that has brought about this condition and break the mesmerism. You can talk to your hand. Command it to be still and assure it that it is just as steady as it ever was. Tell it that you will not allow it to manifest anything but youth and command and demand it to gracefully perform its proper functions, and it will obey you, for you are the master of your body if you will assume the mastery.

Stand before the window each morning and for five minutes think of the sun kissing and gladdening the earth, just as vital and life-sustaining as it was ten years ago. See all your faculties and the organs of your body just as vigorous as they were ten years ago. Say a dozen times—I am strength, I am power. Affirm this with feeling and know that your word is law which cannot be broken by the false belief of the world and you

will break the mesmerism of years and Live and Grow Young.

Emerson says, "We do not count a man's years until he has nothing else to count," so keep on moving, keep on achieving and give the world something else to count in your case.

THE VALUE OF YEARS

From time immemorial man has sought the elixir of life. Quest has been made in all lands for the fountain of youth. It has been the dream of every age to extend man's earthly existence, but out of centuries of disappointment has come the knowledge that the prolongation of life can never come from the without. It can be only the product of the within. It is the thinking and living of life that will banish years and give health to man.

All things worth possessing have their price, but things that add most to your success and happiness cannot be bought with gold. You may break the laws of Nature, yet, by chance, live to a goodly age; but why depend on chance when there are laws that can be followed and depended upon? Love has its price; peace has its price, and long life has its price. Are you willing to pay that price? It is not paid in coin of the realm, but in governing your thoughts, your acts and deeds; neither can you wait until the mortal body is a wreck and expect by paying the price at the

last moment to secure youth. You cannot begin too soon. Those who dissipate their fortune cannot remain wealthy. Those who dissipate their days cannot hope to live to the years reached by Moses and other patriarchs.

Benjamin Franklin said, "Watch the pennies and the dollars will take care of themselves." The new saying will be "Watch the days and the years will take care of themselves." Now, what is the price all must pay to gain added years—To Live and Grow Young? The price is constructive thinking; the understanding that you have the power to think creatively; that thinking youth produces youth; that by constant right thinking you can build around yourself a life-giving, life-keeping atmosphere that will not only add to your years, but bring happiness in your home life and success in business.

The laws of most lands protect the people by compelling druggists to put warning labels on bottles that contain poison, but there are thoughts more harmful than drugs from which there are no human laws to protect us. Each individual must be his own watchman at the door of thought. He should be on duty every moment—never off guard, for his atmosphere is made up of his thoughts and acts. There are many danger signals along life's pathway which, if obeyed, will

save wreckage. You can, by attention, make yourself sensitive to these danger signals and in time almost automatically obey them.

To Live and Grow Young, you must banish hate, worry and envy. You must cultivate sunshine and joy, and above all, you must use moderation in your eating, for your stomach by the improper mixture of food, generates deadly poisons. These poisons destroy digestion and make you so miserable that you hate everything and everybody with whom you come in contact. This in time destroys your health atmosphere. Are you willing to give up foods you know are hurtful? Are you willing to be master of your appetites, or will you be ruled by them? Can you give up rich, highly seasoned foods for simple, wholesome food?

It is not difficult to do this. Soon you learn to desire the simple foods and no longer crave the highly seasoned ones. Uncontrolled appetites and desire for rich food is intemperance. Many of us eat our graves open. We think we are eating food, while in reality we are eating years. We are often amazed when the bill is presented to us after an elaborate dinner. The cost seems exorbitant. If the bill also showed the price in years the dinner had cost us, we would be horrified. Life is lengthened by moderation. Be

moderate. Consider before, not afterwards. Do not jump at conclusions. Think over the price you must pay for what you are about to undertake.

Do not amplify your business or home life just for the sake of splurging. Do not borrow at your bank merely because you have credit. Remember pay day comes and if it brings worry and anxiety, it shortens life. If you wish a short, uncomfortable winter, make a large 90 day note in November.

It is stated that one of America's former railroad kings, having a bad case of grabitis, used up his life and strength recklessly. With colossal plans but partially matured, he came prematurely to the inevitable climax that confronts all who do not consider the value of years. He offered his physician, it is said, ten million dollars if he could prolong his life one year. It could not be done. He had not considered the value of years until it was too late. On the brink of the grave his millions were powerless to buy even one added year.

The insatiable desire for power, to rival your neighbor, to be thought a good fellow, to have a better home than any of your friends often calls for great endeavor and the prodigal use of your force. Pause and think what years are worth

to you. A careful man in any business venture counts the cost on the financial side, but not one in ten considers the cost in the value of years, yet it is even more important to do this than to consider the financial cost. The financial obligations you may be able to meet, but it may cost you years of life to do it.

Cut your loss in the things that rob you of your peace of mind and take from you happiness and contentment if you would Live and Grow Young.

YOUR ATMOSPHERE

All things have individual atmosphere. Our atmosphere is created by our acts. By our material existence. The individual creates it by his life, thoughts and deeds. The hateful person has a disagreeable atmosphere; the kindly, loving person, a pleasing atmosphere. People feel these individual atmospheres just as they feel the shade of the trees or an approaching storm. The atmosphere of many public men and women is felt by thousands. Some have lived such grand and noble lives that their atmosphere seems almost visible. There are people who reflect such hope, joy and sunshine in their atmosphere that they make a rainy day seem pleasant. Great lives leave behind them their atmosphere in the wisdom they have given the world which illuminates the earth. This truth illustrates the phrase, "wrapped in meditation." When wrapped in the right meditation, we are immune from adverse influences and to be constantly wrapped in this meditation is to abide in the "secret place of the most high."

Not only has man his atmosphere, but each star has its atmosphere. The earth is warmed by the atmosphere of the sun that draws the seed into expression and fulfillment in the budding of the flower and the waving of the grain. You feel the atmosphere of the majestic cathedral, and upon entering it, though it may be vacant, the air seems charged with the presence of those who for centuries past have worshipped there. Beautiful homes have their atmosphere of refinement and squalid homes the atmosphere of lack and discouragement.

Man is a dual personality—the soul that has existed from ever-was and will exist to ever-will-be; and the mortal body that is the temporary home of the soul. The soul is the spark of the infinite. The atmosphere is an envelope which is the product of thoughts and deeds, and is created for the expression of life. It is this that supplies the life force or principle that keeps the mortal body alive. If it is a weak atmosphere, it is a weak body—a weak expression of life. It registers the hopes and fears and is more sensitive than the plate of the camera. The mortal body can only die when the atmosphere that envelopes it dies and can no longer give it force; therefore, the more youthful and vital our thoughts, the stronger and more brilliant will be our atmos-

phere and the greater power will be generated for the body.

The 91st Psalm, understood and lived, gives man a vital life-producing atmosphere and promise of long life is given to those who dwell in this concept. Those who live the truths on which this Psalm is based will have such a strong, vital atmosphere that pestilence cannot reach them. There will be no terror by night and no fear of the arrow that flieth by day.

The secret of long life is in strong, vitalizing thoughts of youth, free from the belief and fear of age; in kind and tolerant thoughts, free from hate and impatience; in tranquil thoughts that prevent slight discords from growing into greater ones.

Feed your atmosphere with life-producing thoughts, acts and deeds, with greater care than you feed your mortal body and you will Live and Grow Young.

THE DELUGE

The rain may fall on the just and unjust alike, but some seem to live on earth not alone in a rain but a deluge; some deluged by so-called blessings and some by obstacles. The deluge of blessings in the way of worldly riches and prosperity is much harder to stand than that of adverse circumstances. The deluge of blessings in the majority of cases weakens and produces little to show for in manhood or womanhood. Those born in a deluge of blessings, unless born to the inheritance of a throne, and their name necessary to show an unbroken line, are seldom known to the second generation while virtually all of earth's luminaries were born in a deluge of adverse environment and conditions. One is amazed in considering their lives, how they survived and became such strong characters. The sons of the rich, seldom, if ever, have saved any nation or people. The deluge of blessings and opportunities have engulfed them. The world could not exist overnight on the product of all the hot houses on earth. Our existence depends upon that

which survives in God's pure air that withstands the drought and deluge.

The hot house product—those born in marble halls—are like the hot house plants. They do not live in the atmosphere of sturdy, ennobling desire. Their lives are artificial, not self-created. They wither when out of the environment others have created for them. They need gardeners.

The Saviours of the world have stood the deluge of adversity and like the oak on the mountain tops, buffeted by the winds and tornadoes, have sent their roots deep into mother earth and become strong and sturdy, drawing nourishment seemingly from the very rocks. They have developed such a radiant atmosphere that it is as welcome to man as the shade of trees. They, like Noah, have weathered the deluge and left us blessings great in the wisdom expressed in the lives they have lived.

“No pent up Utica contracts their power,”
God and achievement brought them their hour.

The deluge of opportunity usually leaves those born in such surroundings nothing to express. They have no strength of mind to develop sturdy manhood, while those born in a deluge of want and adversity make their own opportunities. The

emery of adversity has sharpened their faculties and enabled them to withstand the deluge. Their world and their place in it has been the product of the within, the product of a strong determination which has been developed like the muscles of the athlete until it is like sword steel.

So let all those born in a deluge of adversity realize that while the path may be stony and the road long and rough, there are opportunities ahead of them and a golden future if they will remember that they are on that great highway that practically all of earth's benefactors have trod and that each seeming obstacle, if surmounted, has only strengthened their atmosphere and brought the desired result nearer. It is from such conditions that achievements have come, and that the worthwhile men have in nearly all cases reached the splendor and glory of an historic name by weathering the deluge of adversity in the Ark of Hope with the hatches of doubt and despondency down until the deluge has passed and they are resting safely on the mountain top of fulfillment.

If a hot house product, leave the stifling atmosphere; come out where you can be your own gardener and exist on your own atmosphere.

To those born in a deluge of adversity, it is for them to create, build and develop a name and

place in the world, while perhaps not so lasting as the granite hills, will yet be engraved on the hearts of men and as the generations pass, lustre will be added to their name and so journeying, break the mesmerism of age, reach the golden heights of achievement the fruition of their endeavors.

Understand that the fable of three-score-years-and-ten is only a fable. To Live and Grow Young is one of the greatest achievements of life. Realize that it is possible with the same vision as the victorious future was discerned, to cause the mesmerism of age to be broken, and those who have been victorious over the deluge of obstacles and not been engulfed by adversity, can climb to any height.

To all born in a deluge of adversity comes the possibility that they may break the mesmerism of years and remain on earth to enjoy the fruition of their endeavors. They will indeed be among earth's greatest benefactors, for to see that three-score-years-and-ten is only a fable, to be able to Live and Grow Young, is the greatest achievement of all.

VISUALIZATION AND REALIZATION

If we wish to realize any desired result, we must see it coming. We must visualize it, for visualization is the seed of creation. All Nature is subject to the necessity of visualization.

The best of life comes from constructive visualization. By it, you bring into material manifestation, your own world, your own environment. By it, you call on the universal mind for supply. Your Father's storehouse is full of the things you desire, and messengers loaded with blessings are ready to start from that storehouse at your call. Christ visualized his requirements; then gave thanks that they were on the way. He had no doubt that his desires would be fulfilled.

It is by visualization that realization comes. By visualization your destiny is shaped. It is not chance that creates or guides your destiny. It is painted by the brushes of visualization and in no other way. Applied steam or electricity, and all the manifold blessings enjoyed by man were brought to the material world by thought. First an idea, a vision, then a material creation, or manifestation.

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Take the locomotive as an example. The mechanical engineer is instructed to build a locomotive of a certain power to pull a given load. As he works over the problem, his mind in reality takes mental trips to the region of the unseen. Imagination is the aeroplane that transports him. At last he sees the locomotive as a mental picture; his plans and specifications go to the works and his vision becomes a material realization and a thing of life. This material locomotive is not the real locomotive, for it can be destroyed. The real locomotive was the one that was visualized by the mind of the engineer. That cannot be destroyed.

Before earth was created, that locomotive was waiting to be constructed, seen and used by man. It was this truth that St. Paul alluded to when he said the things seen are the unreal and temporal, and the things unseen, the real and eternal. In the case of the locomotive, Nature has its part in the building, for it created the material from which it was made. Man also has Nature as a helper in the renewal of his body. If he can visualize youth as the engineer visualized the perfect locomotive, then his helpers will build his body according to his visualization.

The constant visualization of age creates age, with its attendant disability. The body has no

power of itself to create. Nature lends its power to help you to live by the process of renewal, building and rebuilding cell after cell. Nature is ever making all things new. Every few years the body is entirely rebuilt, but, always, according to the plan you have visualized. If you visualize advancing age, you will grow old. If you visualize in terms of youth, you will realize accordingly. Think youth and you stay young, for the thought of youth is youth.

In the Rockefeller Institute is a chicken's heart that science has kept alive for nine years and, theoretically at least, will remain alive indefinitely. It is increasing in size and constantly rebuilds itself. It is a wonderful illustration of the renewing power of life. What would man's years be if youth were constantly visualized with the same power of thought exerted in constantly visualizing age, decrepitude and death? Health, wealth and success must first be visualized if we desire these blessings. Constant, unwavering visualization will bring them, not demands given one day and countermanded the next; not faith one day and doubt the next. Do not speak the word and in the next breath deny its power by visualizing something that contradicts it.

Visualization must be clear and persistent, otherwise our dreams will be merely a treadmill

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of thought, never arriving at the desired goal. You may think you can hire a substitute to do this thinking for you, but it is personal work that counts. Some argue that visualization is only repetition and that they grow tired of repetition. They forget that taking daily baths is repetition; that indulging in three meals a day is repetition; that sleep each night is repetition. In fact, repetition is the order of the day, so why should daily visualization of the things desired be considered arduous. It is the very best investment to be made of time. Nothing happens by chance. All is law and you create your own law every time you think.

Visualization and Realization are the highways to prosperity, health and long life. Eternal vigilance is the price of success.

NEW THOUGHTS FOR OLD

If the Kingdom of Heaven is within man, then he should employ a St. Peter as the doorkeeper of his mind, to watch all thoughts that desire to enter and reject the ones that destroy happiness and health. What a host of discordant and unworthy thoughts try each day to find resting place in the human mind, and what a powerful influence they exert when once they have found lodgement; but, with the wary St. Peter on guard to help him, he instinctively rejects these destructive thoughts. Take the thought of envy—one of the most destructive of all forces. A person who is envious will try to kill the noble efforts of others by unjust criticism just because he resents his superior's ability which he does not himself possess. He is lazy, perhaps, or lacks the ambition to work for the attainments or the accomplishments of those he envies, otherwise he might in time reach to their level.

Have you ever attended a concert or the Opera with a musician? If so, by the time you have listened to criticisms of the singers and perform-

ers and had your attention called to all their mistakes and imperfections, you probably have made up your mind never to attend a concert or an opera again with a professional. These criticisms are often made by a person who is standing still or making little progress in his profession, and so consumed with envy that he cannot enjoy good music.

If your neighbor has anything that you desire, do not envy him, but spend your time developing the ability to gain the same for yourself. Instead of being envious of him, let his possessions inspire you to greater endeavor. Envious thoughts will affect your health, disturb your rest, bring bad visions, develop hate and shrink your atmosphere; while if the old earthbound thought of envy is exchanged for the new thought of inspiration, hard mental work and constructive thinking will bring you success and untold blessings. Be inspired by the lives of great men and their achievements. If you are not envious, your acquaintance with these atmospheres will refresh you, give you courage and fill your mind with the ennobling desire and ambition to be like them.

Great minds are the light on life's pathway. They are earth's natural luminaries. They are persons who are continually sifting their thoughts, exchanging old thoughts for new ones. They

reach the heights by means of the light with which they are endowed.

Do not allow envy and inferior thinking to force you into the shade. Do not recognize or feel imperfection. Change the thought of imperfection for that of perfection. Think of yourself as you want to be and know that your thought is creative; that what you create today you will realize tomorrow. Use new thoughts to create, not old ones. Always think of yourself as healthy and enduring. Change unhealthful thoughts for thoughts of health, for physical endurance is a powerful asset. Persevere against the thought of weariness. Change the old thought of weariness for the new thought of strength. See yourself strong. Carry an atmosphere that reflects confidence and enthusiasm and proclaims to the world that life is, and has been, worth living and that you are going To Live and Grow Young.

HOW TO BE UNHAPPY THOUGH MARRIED

The courts are so full of divorce cases that one is inclined to believe that unhappy married life is the logical result of matrimony. There are, also, millions of unhappy married people who do not resort to the courts, but, for the sake of children, for family reasons, or the dread of publicity, suffer the galling yoke for years or until death releases them.

This chapter will explain how complete unhappiness in married life may be obtained. None need fail in being unhappy if that is the condition desired. If not, the reverse of this method will produce happiness.

To be unhappy though married, the married life should begin in the home of the young husband with the mother who adores him and the sisters who think no girl is good enough for him. This plan has been tried for ages and has seldom been known to fail. Then, the husband should always come home with a grouch. On the way home he should forget all the pleasant incidents

of the day, remembering only the annoyances with which to regale his wife in the evening. This will produce an atmosphere of gloom and depression which will cause her little troubles to magnify out of all proportion and unhappiness will reign supreme. Should you have difficulty in putting out of your mind the amusing stories and cheerful happenings of the day, just drop into a telephone booth on your way home and stay there until you feel not only satisfied with the result, but are sure of being late for dinner. This will bring home a sinister atmosphere that will be sensed from the drawing-room to the kitchen. The cook will be cross, the dinner over-done and cold, and unhappiness will be enthroned.

Manifest blessings of prosperity, healthy and brilliant children, a large circle of friends; all will be lost sight of. In this discordant atmosphere the mortal body will refuse to function properly and headaches, neuritis, heart failure and many other evils will follow. If any member of the family happens to fall ill in such surroundings, the illness will be intensified and, unless some good doctor with a strong and cheerful personality is called in and changes the atmosphere, the patient may become too depressed to resist the disease.

To be unhappy though married—first remem-

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ber that kind words, thoughtfulness, tender care, passing over of differences, dropping from your mind the little things that have annoyed you during the day, will give you such a pleasing atmosphere that you will not be unhappy at all. You will think married life is Heaven and wonder why anyone remains single.

Unhappiness in the home is nurtured on a discordant atmosphere and this can be more readily developed than any product of man. It takes months to grow flowers, but a determined person fully realizing the power of evil atmosphere in the home, can, by cultivating a grouch, change a pleasant atmosphere for an unpleasant one in an incredibly short time.

The most noble ambition for any man or woman to entertain is to make their married life happy. It is a profession that should be studied; in fact, colleges should establish classes and lectures on the subject of how to produce happiness in the home. Cultivate thoughts that create a harmonious atmosphere with more persistency even than you would use in pursuit of wealth. Delve into the sunshine of hope and love as miners seek for precious metals, for a good atmosphere is life's greatest asset—more to be desired than gold. It is of the Kingdom of Heaven.

No matter what else an individual may have

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accomplished in life, if one has charmed and captured a mate and retained the respect and love of that one through better or worse so long as life shall last—that individual has made a success.

THE WRONG RIGHT

One of the paramount reasons why people do not Live and Grow Young is that they put in most of their time in defending the wrong right. The moment any remark is made bearing on something which they may not believe in or agree with, they take exception to it and start acrid arguments to exploit their view of the question. If anyone were to protest in a friendly way with them for the unpleasant words which they have allowed to flow over a trifling matter, their answer is always the same,—it is my duty to stand up for my rights.

A great many people think that the world and everyone they meet is conspiring to deprive them of their rights, and, usually, in their fervid effort to protect these alleged rights, they are perpetually in hot water and all who come in contact with them try urbanely to keep the conversation in channels that will not call forth the volcanic eruption of vocabulary which has grown to be a habit. These people always think that someone is stepping on their feet. Judging from their perpetual

peevishness you could imagine that their feet extended all over the earth. They develop such disagreeable mental atmosphere that even their best friends shun them. They are sacrificing days that should be days of happiness and years of life force, depleting their energy and reducing their life-giving atmosphere. They are protecting the wrong right.

Homes all over the world are made veritable hells by the husband or wife nearly all the time endeavoring to insist upon their viewpoint, fighting for the wrong right, and leaving the right right out of sight and unprotected. If these people, who are always defending the wrong right, would spend their time fighting and standing up for the right right, they would make their home and the world an Eden.

Everyone has the right to be happy, the right to live and grow young, the right to be successful, the right to have a happy home; but few people fight for these rights. To fight for the right right calls for just the opposite tactics that are used in defending the wrong right. In fighting for the right right, peace, long life and joy, kindness must be used to soften harshness; life thoughts must be used to neutralize the visualization of age; love must be used to dissolve hate; peaceful

attitudes and peaceful words must be employed to make harmony of discord.

Fire is extinguished by water, not by more fire and if those who are angry or unhappy, would use kindness to extinguish the outbreak of unkind words, they would be pleased and surprised to learn that this is the most skilful method of extinguishing the fire of discord at its inception. Otherwise, there will be a conflagration of words and acts that may destroy the home or business, cause days of misery and perhaps serious illness. It is so easy to return harsher words for harsh ones; so difficult to give the soft answer that turneth away wrath.

It is assumed by botanists that the cactus of the western plains which is covered by long sharp spines, originally developed those spines to protect it from the hunger of the cattle. These spine-covered cacti are thought to be the descendants of cacti that formerly grew without spines and that Nature evolved this protection to save the cacti from extermination.

The botanical wizard, Luther Burbank, has succeeded in producing a spineless cactus; he has removed the fear of the cactus that caused it to assume that spines were necessary for its protection. In our daily contact with the world, let us strive to eliminate mental spines and burrs, dis-

agreeable traits of character that are the result of fighting for the wrong right.

There are homes where the husband and wife are cultivating and growing mental burs and spines, poisoning the atmosphere of what might otherwise be a pleasant home until acquaintances are almost afraid to enter for fear of encountering a domestic explosion. The unhappy home is usually the place where people fight for the wrong right.

Fight for the right right, and you will produce harmony instead of discord, and many barriers to health, success, and a long life will be removed. You will Live and Grow Young.

YOUR OWN SHOP WINDOW

The shop windows of successful, well ordered stores display their most attractive goods and those which are set forth as bargains.

Window dressing is an art, and those who are successful in this branch of artistry receive large salaries, for it is the store's shop window that is relied upon to attract trade and to display and advertise the goods in which the store deals.

All window dressers essay, as best they can, to have their shop windows attract your attention, to remind you of something you need, to suggest the purchasing of things you had not thought of. A well dressed shop window is rich in alluring suggestion. It is like a finger beckoning you to come into the store, and if the windows are skilfully dressed, they attract to the store hundreds of buyers each day.

Human personality is a distinctive shop window which plainly discloses the nature of the mentality that dressed it. In this shop window is displayed traits of character and predominating thoughts which register department, conversation and car-

riage. All this tells the world the quality of thought of each person just as graphically as the shop window tells the public what the store handles.

Your personality and your atmosphere are, indeed, your shop window, as is the canvas on which the cinema pictures are shown. Your thoughts are the films that run through the machine. The power of your mind is the light, and it would be useless to attempt by any cleaning fluid to erase the picture on the canvas while the light was on and the film in the machine. Therefore, it is impossible to disassociate your thoughts from your personal appearance and atmosphere. If you feel hopeless, you express it in your dress, even to the set of your necktie. You express it in your carriage, and it is plainly written on your face. There is nothing in your shop window to attract the things you wish to come to you. Your shop window repels those, that, were it dressed attractively, would be drawn to you. Therefore, it is most important to make a study of dressing your life's shop window.

FAITH

Faith is the road we tread when we take our prayers to the principle of life (God) to have them answered. Faith sometimes is the product of years. At other times it comes instantly. Faith exalts us and by it we seem enabled literally to move mountains, but in reality we are lifted up into the perfect expression of life and by means of our faith the mountain disappears. When we reach the heights of perfect faith, there will be no mountains in our way.

God's universe is governed by immortal laws and by Faith we are led to understand them. Prayer strengthens faith. This is its inherent value. It gives to some such great faith that they are lifted to heights from which they behold the way to the desired blessing.

We cannot alter principle by prayer or bring principle to us. We live in principle; we live in abundance; we are in the midst of plenty all the time and by Faith we lift ourselves up to where we can see the bountiful supply provided for us. Faith unlocks the secret place and its manifold

blessings recorded in the 91st Psalm. Therefore, with all thy getting, get faith—faith that you are a son of a King who created all that was created; that your Father desires you to have all the blessings of his vast storehouse, the understanding of which will bring to you all His good and perfect gifts. If in want, know that you have not understood the principle of supply and do not pray for material things, but pray for Faith to lift you up to the understanding of God's bounty, His limitless riches, and by Faith you will enter the world of abundance where there is no lack.

There is ample material in the forests and mountains of earth to build palaces for all the sons of God, and Faith can give you everything that life can produce. Faith is the best friend and traveling companion that man can have. Faith enables you to know that God is the soul of the universe, that you are one with God and may draw from this infinite source an unlimited supply of all that you need. There is nothing Faith cannot do for us. Have Faith in the fact that age is mesmerism; that it is only a man-made lie. Have Faith that it is not the will or pleasure of the Infinite for you to express death. Have Faith in the power of the life thought; Faith that youth is yours to have and to hold. But, with

Faith, use understanding and common sense. Do not eat like a madman and expect Faith to give you the existence of a Saint.

There is no reason in this wide world, that just as you have by your own industry secured the good things in life, you should be forced to depart. Faith that death is not a part of life will rob death of its power. If you have only enough Faith so that your earthly existence will be like a tallow candle—only burn so long and go out—it will be according to your Faith. If you have Faith that you are connected with the principle of life as the electric bulb is connected with the dynamo, your life will be much longer. As your Faith, so is your life.

This book is a distinct message to tell the world that life can be prolonged; to give you Faith in the renewal of your thoughts (your viewpoint of life), to put you in tune with the cell life that is ever working to rebuild your body. By exchanging old thoughts of age for new thoughts of youth, you and your cell life will be able to do constructive team work and the results will be increased strength, better health and added years, for the three-score-year-and-ten habit will be broken and we will come into a new conception of life.

Live! Live! Have Faith you can live; have

Faith you will live. Just before you drop to sleep say: As my mortal body renews itself, so this night my sub-conscious mind sings to my conscious mind the songs of youth. I am bathed in youth and all it represents. Do this daily as you eat and bathe, and thus you will Live and Grow Young.

LOVE AND HATE

“Love is the outgoing or yearning of the soul for what is good and excellent.” Love is a power and the most constructive force in all the world. Love much and you will be brought into harmonious relations with all with whom you come in contact as well as your surroundings and environment.

“To Live and Grow Young” it is necessary to understand the psychological effect of love and hate, for they are the two most important attributes of the conscious mind and have tremendous effect on human life. Love lengthens life. Hate shortens it. Hate effects every organ of the body and the circulation of the blood. To take offence, to remember slights, either real or imaginary, is to be weak and miserable. To forgive, unless we forget, is only the shadow. It leaves a slumbering fire which only forgetfulness of the slights can extinguish.

The suffering that you would like to cause the person you hate, you bring upon yourself, while he is not affected at all. Your hate does not inter-

ferre with his digestion or health and does not produce insomnia. You pay the penalty yourself in sleepless nights and indigestion. The Japanese plan is far better. If they suffer any wrong, in place of ruining their life by hating, they commit hari-kari—in other words, suicide. In the light of the above facts, how clear is the psychological truth in the statement of Christ in the Sermon on the Mount, “Ye have heard that it hath been said, thou shalt love thy neighbor and hate thine enemy, but I say unto you, Love your enemies, bless them that curse you.” To one who has been wronged and hates the person who has wronged him, this sounds Utopian. He imagines revenge can be gained by hate, while nursing revenge only keeps our own wounds green; therefore, Christ’s statement is not Utopian. It is good, sound, life-producing common sense.

The consequence of nourishing hate is harmful and often disastrous. It produces discordant vibrations which others feel, repelling those whom you might otherwise attract. The love thought is a great atmosphere builder. It builds an atmosphere that attracts. It is possible by love to change an enemy into a life-long friend as, perhaps, when he offended you, he had been eating a mixture of lobster and ice cream, or cucumbers and milk and was not responsible. He may have

repented and desired to apologize, but could not penetrate your hate atmosphere.

Love is an open door through which even your enemies will seek entrance. Forgetting the wrong and loving the wrong-doer, you will gain peace of mind which will be a vital factor in maintaining health and help you to Live and Grow Young. It is love that will some day bring Universal Peace. Christ established no church; led no army. His sway over the hearts of men was His great love for them. On the cross he said, "Father forgive them, for they know not what they do."

Love is the hope of the world. It is through love that man unlearns anger and hate and learns to catch the harmonious vibrations of life; learns to keep the mind filled with glad and healthy thoughts and the body clothed with youthfulness and beauty.

MAGNITUDE AND SIMPLICITY

To Live and Grow Young, you must realize the magnitude of creation and the simplicity of the law that governs it.

True religion is simplicity itself. All law is simple when understood, but you do not appreciate this fact until you grasp the magnitude of God's universe. Religion started with tribal gods. Then, in time, God became universal and the worship of God was encompassed by creeds, dogmas and rituals. Each sect had a form of worship that changed with time. Few realize that this earth is not a special creation, but that it is part of a universe so great that it is in reality only a grain of gold in God's jewel box and that there can be no special Providence, no laws that govern this little world, that are not universal laws governing all creation. Try and grasp the magnitude of this thought.

Imagine that you are on the farthest star, located by science, on the almost invisible rim of telescopic vision, equipped with a telescope much more powerful than any known to us. You would

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then see as great a creation as that we have mentally visualized, millions of new stars, suns and moons from this new viewpoint, and even then you would only catch a glimpse of God's front yard, and realize that "In my Father's house are many mansions, many planes of existence." Now this universe composed of stars, suns, moons and worlds as numerous as the sands on the seashore must be governed by law, a universal law.

As civilization advanced, great teachers arose who caught glimpses of this law. They were inspired men, for inspiration is spiritual influences, according to the dictionary. All these inspired teachers were needed; others will be needed to lift man up to a greater grasp of the law. The teachings of Christ, Buddha and Confucius had a great deal in common and Socrates discerned that the five senses did not give us the desired information of the principles of life.

Now, having partially grasped the magnitude of creation, let us consider the greatest statement ever uttered by anyone who ever walked the earth regarding the law that governs man. Christ's simple statement, "To love God (Good) with all your heart and mind, and your neighbor as yourself." He said on these commandments hang all the law and prophets, to live these commandments is in reality all the religion that is needed.

They cover all the law and embody all there is to the law that governs life.

If these commandments were obeyed, crime would be unknown. No armaments would be needed, no standing armies, no navies, no jails. These commandments are simplicity itself, the basis of all law and the foundation of happiness for all people. The law that governs man is the law of sowing and reaping. Sowing justice, you reap justice; sowing love, you reap love; sowing health thoughts, you reap health; sowing youth thoughts, you reap youth. What you put into the world comes back to you with a bountiful increase. This simple law needs no church but the heart of man. It is universal and cannot be abrogated or limited by creeds. Living according to this law is prayer without ceasing.

Man sometimes assumes that the law of the universe can be set aside, that he can be subject to a curse and that whatever he may do will be followed by ill luck. The old idea that God is a God of wrath is still accepted by many and as long as they hold this belief, they will suffer the evil consequence of it. The magnitude of creation does not permit of the setting aside of its law, to inflict curses, or bestow blessings. Curses and blessings naturally follow our thoughts and deeds. There is no happenstance. Creation could not

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move in harmony with such a complicated plan. Nature is impartial. Principle controls all alike. The reaching out with understanding brings it to us and it becomes our willing servant if we consistently apply the law.

When the prodigal son was tired of a diet of husks, he returned to his father's house and was received with open arms. It would have been useless to pray for the father's house to come to him. It was his personal work to return. The father was waiting. The house had not moved and its doors were wide open to receive him. He could have wasted all his days blaming his luck, thinking he was subject to a curse, when the only curse he was under was of his own making. Miracles are not needed when we work with the law. If the father, his home and the fatted calf, had come to the prodigal, it would have been a miracle. People are often disappointed when desired miracles do not happen, overlooking the fact that the blessings they long for might easily be secured by working with impartial law and principle. No blessing is withheld from anyone. God curses no one. All of his children can return home when satiated with the husks of misfortune and despair.

When weary with the ravages of age and all you imagine it represents, arise in thought and

retrace your prodigal steps. Return to the thoughts of youth. The living spirit of youth awaits you with open arms. Do not sleep in the mesmerism of years. Awake in the consciousness of youth. Nature is always working and waiting for you as was the father for the prodigal's return. The wrong beliefs, creeds and dogmas that line our way are the only stumbling blocks.

The Magnitude of Earth's problems dwindle into insignificance when we realize the Simplicity of the law.

UNDERSTAND YOURSELF

Confucius said, "The perfecting of one's self is the fundamental base of all progress." Moral and physical development of self can be accomplished only by well ordered thought and attention. By attention is knowledge acquired. Knowledge being power, by paying attention we gain power.

Spotted, soiled clothes are true indications of spotted, soiled thoughts just as positive a guide to inward conditions as the thermometer is of the temperature, or the barometer of approaching storm. If you are not careful of your dress, you are not careful of your thoughts. Neatness of appearance is the unmistakable sign of a well ordered life. In order there is harmony, comfort, strength and economy. A man whose life is well ordered saves time and respects the rights of others by keeping appointments. A well ordered life brings peace and infinite calm, brings affluence within, which means affluence without.

The mortal machine is your constant traveling companion and to understand it as well as you

do the car you drive is wisdom. Then each day will be filled with calm assurance, the complement of an understanding mind. Your appetites will be under control; the organs of the body will perform their functions properly, which will surround you with a vital life-producing atmosphere. This will ensure you a clear mind and enable you to solve your problems by intuitive knowledge. By attention and well ordered thought you will be able to care for your mortal body without the aid of so-called specialists or tinkers. A large majority of men and women are perpetually in the tinkers' hands, constantly being tinkered. They overeat rich foods and foods that fight with each other, and the human stomach, being a very restricted area for a battle, confusion pervades all the organs until the mentality is injuriously affected by the agonizing calls for help from the battle ground. Then the invalids resort to pills, and if these fail to help, call in a tinker. He places them on strict diet for months, perhaps for life, all of which could have been avoided had forethought been used in place of hindthought. These heavy, ill assorted foods were not needed. They were eaten for a few moments of pleasure only to leave hours of discomfort, attended often by death from acute indigestion or other causes.

Intemperance possesses a great power to

shorten life. It weakens the organs of the body and induces acid deposits in the joints. Its attendant ills cloud the brain and make man unfit for companionship or for business. The tinker is appealed to who advises the patient to give up all alcoholic indulgence and spend weeks or months at some foreign spring to wash out the poison. Often the tinker and his favorite spring fail, leaving incurable gout, enlarged joints and a cantankerous disposition.

Why not understand that light meals and simple diet are the proper way to nourish both the mind and body? When the fire box of an engine is filled too full of coal, 90 per cent of the fuel is wasted in imperfect combustion and most of it goes up in heavy, black smoke, but if the firing is conducted scientifically, there is little if any smoke and the normal amount of heat is conserved.

Why not understand that it is the same with your stomach as it is with the fire box. Give as careful attention to the selection and mixture of your food as you would to the combustion of gas in your auto, thereby eliminating the necessity of calling in tinkers to dispel the evil produced by your lack of self-control and thoughtless selection of food.

Understand, likewise, the value and use of

water. Water is as necessary to flush the body as it is to flush the sewers of the city. Wash inside with more care and persistence than you wash outside. Study moderation in eating, for the man who practices moderation in eating finds it easy to be moderate in his speech and conduct, for like produces like. The moderate man reflects health and health is the paramount foundation for achievement. Health is also the chief element in producing happiness. With imperfect digestion of food, will come imperfect digestion of problems, and work done under such condition is always inefficient. Trifling annoyances seem catastrophes and mole hills of problems seem to be mountains.

There must be careful co-operation of the mind with the body. It is the only union that is inseparable until death. There is no divorce court that will separate you from your mortal machine, therefore treat it with understanding and consideration.

To understand yourself is a great step toward acquiring the new science of "How to Live and Grow Young."

THE GHOST FACTORY

“To Live and Grow Young,” it is necessary to conquer fear for fear is mortal mind’s great ghost factory. Understand you abide on earth under an eternal law and that law is—As you sow, so shall you reap. Fear is bad seed to plant in the human consciousness for the harvest is worry, discontent, failing health and loss of years.

Try to make each day one of perfect harmony, harmony that comes with the understanding that you are one with the universal mind, one of the hosts of eternity. Then your tasks of the day will be done without effort, for freedom from fear removes burdens from your path and enables you to look on the bright side—to look up and not down.

Do not fear want, for such fear clogs the channel of supply; do not fear disease, for it blocks the path of the health stream flowing through your veins, which, unrestricted by fear, produces health and enables you to “Live and Grow Young.” Do not fear years for there is no reality in them. There are no years in law. You cannot imagine

that there ever was or ever will be any age in any principle of mathematics, music or electricity. They are just principles, and so is existence when free from the fear and belief of years. Fear of years robs man of youth and all it represents. Do not fear contact with people. The lustre of the pearl is improved by human contact. Let your contact with the world improve your lustre. Do not fear the thoughts of others or their power to hurt or influence you. The only power they have to hurt you is your own fear of them.

Do not fear malicious animal magnetism. This fear destroys any person or organization that believes in it. Affirm that which you desire and do not let that which you do not desire enter your mind. Build a wall of thought so high that disease and death thoughts cannot reach you. Do not fear the weather. Do not fear days. There are no lucky or unlucky days, but your fears make them so. In principle there is no luck. It never fails to act on certain days and work better on others.

Free yourself from any belief of the stars controlling your health or life. They have no power to control you, and belief in astrology may rob you of a great future. You were never under any planet and cannot be under any influence of planets, but you may be so filled with fear regarding your birthday that you will produce un-

favorable conditions in life, the same as if you were born under so-called unfavorable planetary influences. The earth is not under or over any planet. It is just a very small jewel in God's good universe—a universe so great that words are inadequate to express it.

Do not fear creeds, dogmas or church councils. Do not allow any teachings of the past to cause you fear. One of the greatest causes that shorten life is the fear of some disease hereditary in your family, but there is no reason for your dying of consumption even if both your father and mother did, except your fear that you will. This fear will put you always on the watch for symptoms and if you catch a severe cold at about the age that your father or mother died with the disease, you think at once—here it is, my time has come. You start the ghost factory working overtime. You visualize this disease. The cell life takes it up and starts reproducing this manifestation. It is faithful to the picture you order. You must understand that you have the power to erase all this from your mind.

Some think that on account of members of their family only reaching 40 or 50 years, they must depart also about that time. They persist in telling their friends that they came from a short-lived family and do not expect to reach more than the

age of 50. As that age draws near they accept all symptoms as indications of the approaching end. The ghost factory is working. The truth is they need not die young simply because several of their family did. Surely some of the family should live to a good old age to average the family years, that is, to bring it up to the average age. So if you wish to hold any thought, why not hold this one—"The chances are I will live to a good ripe age, for some of my family must strike an average age." As long as you must hold some thought, pick out a good life-producing one. Do not select a bad belief, even if all your family hold to it, for it is only mesmerism and will bring bad results.

Many assume that if some of their ancestors possessed ungovernable tempers, they are justified in manifesting temper on every occasion, and if rebuked, they hide in the shade of the ancestral tree. They cling to the belief that this trait was wished on them and instead of trying to overcome it, vigorously defend it. If they would know the truth about it, and destroy the belief that they are controlled by this law of heredity, the next generation would be improved.

No matter what your family traits may have been, you have the power to be your own master—to remake yourself and improve the stock that is to follow. Have the courage to shake from the

family tree this belief that an ungovernable temper is your heritage. Allow nothing to annoy you or disturb your serenity. Claim the mastery of your life and its problems. It will put the ghost factory out of business, give you days of peace and longer life.

Write on the tablet of your mind the 7th verse of the first chapter of II Timothy—"For God hath not given us the spirit of fear, but of power and of love and of a sound mind."

THE SMILE FACTORY

There are two ways to live life—one as a hungry dog, snarlingly guarding a bone, or as a kitten, joyfully playing with a ball of yarn. Which do you prefer? As the snarling dog you will be in endless conflict, people will dislike and fear you and rejoice at your misfortunes and failures; while if life's problems are met with a smile, you will attract people to you as does the sunny side of the street on a bright, cold day. The perpetual snarl snarls up your blood, snarls up your liver and heart action, and shortens your life. It comes high to own and hold snarls in your system. Your destiny is the harvest of your thoughts, therefore you are master of your destiny. You can paint it a harmonious picture, or a discordant one. It is not pigment or brushes that will paint this picture, but your predominating thoughts.

The greatest possession for anyone in the building of a success atmosphere is a Smile Factory. If you do not possess one, start one at once, and if you do possess one, enlarge its capacity. There is no power greater than a merry heart to pro-

duce and build up a healthy atmosphere and a Smile Factory is the establishment whose sole working partner is a merry heart.

The person who owns a Smile Factory is seldom defeated. Some do not realize this, but imagine character alone is all that is necessary. Character is an important asset, but when a partner of smiles, its value is doubled. Smiles lighten your burdens, bridge disappointments, attract friends and help in all walks of life. Smiles produce advancement in positions of trust over the heads of those who do not know the value of a smile. The smile consciousness irons out the lines of care and worry that the passing years have etched upon your face. It fills your atmosphere with pep until you may become a veritable dynamo.

For instance, take the salesman in a large department store with a vinegary atmosphere. He can make customers forget what they came to purchase. He can virtually drive them away. He will seldom advance and will continually blame the world for his ill luck, while the salesman who owns a Smile Factory will attract customers, induce them to increase their purchases and continue to advance year after year.

Two men may attempt to get a berth in a sleeping car, in which there are only two berths

left—an upper and a lower. The conductor will feel the atmosphere of both men. Both may have asked for a berth with the same words, but the man with the sunny atmosphere nine times out of ten will get the lower berth and the grouch will get the upper one and never understand why.

To build a Smile Factory just takes a little thought. Train yourself to see the bright side of each problem. Read jokes and funny stories and remember the good ones. When the conversation is not pleasing, turn on a good story and see the effect of it. We make light of the chestnut tree, but enjoy its shade, and its branches often protect us from brain storms. If anything has annoyed you on the way to the store, or office, walk around a block before you go in and think of some good joke. Fix it in your mind; reflect it in your face as you enter. The proprietor may be entering at the same time. If your face is radiant with sunshine he will notice it. If he does not notice it, he will feel your atmosphere. It may be just the tonic he needs. He will be attracted to you and more inclined to consider favorably your recent request for an increase.

Smiles are just cutting coupons from the Bond of Success and cashing them daily. Smiles go a long way to win the sweetheart you so much desire. Your rival may have more worldly wealth; nature

may have endowed him with a more attractive physique than yours, but if all the advantages he has are plus a vinegary atmosphere, the chances are the product of your Smile Factory will win for you the day. Smiles are the key that unlocks the good things of life. Build a Smile Factory this very day and earth will commence to shower its blessings upon you. Then, don't forget that age is only a man-made product.

Smile and smile again when someone talks to you of advancing age. Laugh, and laugh again at the spectre of something that has never existed except in the minds of slaves enchained by conventional thinking. Then, if you laugh hard enough and sincerely enough at this age-old delusion, it will never get near enough to overtake you.

Smiles are earth's tonic,
The aëroplanes of joy,
That carry us o'er the valley of age,
With the mind and soul of a boy.

YOUR SUB-CONSCIOUS PHONOGRAPH

To Live and Grow Young, to build a strong body in a vital life-producing atmosphere, you must understand the power of the sub-conscious mind; you must understand the action and duty of the cell life that builds and rebuilds your body which is working at all times and never slumbers or sleeps. All of your thoughts, hopes and ambitions are daily registered on this sub-conscious mind, even more readily than conversation and music is registered on the disc of the phonograph: therefore, you must guard with great care the impression that is registered on your sub-conscious mind, for that which is registered the cells will take up and reproduce in your body. The cell life receives its orders from the sub-conscious mind. Consider that each cell of your body has ears and be careful what is whispered into these ears, what you tell your sub-conscious mind, for whatever it is the cells will consider as orders and build accordingly. They have no other source of information. If you tell your sub-conscious mind you have a weak body, this mind will pass the

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orders on to the billions of cells at work and they will build you a weak body. If you inform the sub-conscious mind that you are growing old, your body will manifest age. This cell life is impartial and faithfully carries out your orders. The cell life will dance to the tune your sub-conscious mind sings to it, so consider how important it is to make good records for your sub-conscious mind to sing. In the material phonograph, if you do not like a disc, you need not use it, but the sub-conscious phonograph will play the ones your mood calls for, be they favorable or unfavorable.

You are the architect of your body—the master builder. Your sub-conscious mind is the superintendent; the cells are the workmen and will carry out the orders the superintendent gives them. Few men realize that they have the power to build or rebuild themselves as they desire. If a man really desires to do so, he can rebuild himself in such wise that practically nothing but his name will remain. If gloomy, he can make himself happy; if lazy, he can make himself alert and active. It's all in the orders given to the sub-conscious mind.

If you own a lot with an old three-story building on it, you can tear it down and have just the kind of a building you wish constructed. You go to

the architect and say: "Draw me plans for a six-story building, granite front, terra-cotta trimmings, steel-construction." After the architect has the order for that kind of a building, he does not sit down on the street and wait for the material to come by—not by any means. First he draws the plans; then he orders the kind and amount of material he needs to construct the building, and, as it progresses, he keeps his eyes on the plans and specifications and carefully watches the material that goes into the building to see that it conforms to the specifications.

Body building is the same. Draw up specifications for the kind of a body you want, order from the Quarry of Thought the kind of material you desire, then watch these thoughts as they go into action and are recorded on the sub-conscious mind. See if they are what you ordered. If not, reject them. Draw also specifications for the ideals you wish to express. Don't embalm these ideals. Use them, for, as muscles in constant use grow stronger, so will these ideals grow stronger. Record them in the sub-conscious mind, irrigate and cultivate them, and soon you will live in an ideal atmosphere that will attract the best to you; that will enable you to weather the storm of adversity. Your sub-conscious phonograph will play

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only songs of rejoicing and you will Live and Grow Young, for, "All things respond to the call of rejoicing, all things gather where life is a song."

THE ROLLING STONE

The so-called rolling stones of the world have been the saviours of mankind. They have been subjected to wrath, persecution, and even the cross, but were it not for those persons, who were willing to stand the sneers, hatred and disgrace of the world, we would today be living metaphorically in the stone age.

The law of the infinite demands progress and advancement, yet a great majority of mankind accept as truth the time-worn platitude that "The rolling stone gathers no moss" as if it were a paramount virtue to be a moss back. This belief withholds great blessings from man, and it is time for this nonsensical saying to be consigned to oblivion, along with the unsupported belief that three-score-years-and-ten are the allotted span of man's life.

Millions are holding to old beliefs, wrapped in ancient creeds and dogmas that do not in any way satisfy them. Their souls are starving, but they fear to cut their anchorage, afraid of being thought a rolling stone. It is better not to be

anchored except during a storm. It is far better to drift with the tide of human thought and advancement, to keep your mind open to new thought and new ideals. Keep the windows of your soul wide open to the inflow of each new idea, each new truth. Stale food of any kind is not life-giving. If it takes the refrigeration of conservatism to keep it from spoiling, it is not Truth. The real Truth needs no refrigeration. It is self-preservative. Photographs are not taken on used negatives, but on fresh ones, otherwise the picture would be a composite one and blurred. It is the clear outline, the positive path, that leads to success.

To roll gracefully from one belief to another, to change from one business position to another, is progress and advancement. It is a virtue, not a fault. It spells efficiency and success. Often when business life is started, the first admonition of parents to their son is "Don't be a rolling stone; take one position and stick to it," but this is antiquated advice. If the person has visualized success and holds to that ideal, it may be necessary to make any number of changes before the desired results are reached. If the proper ideals are held with persistency, each change should bring the goal nearer, as the ladder of success is

mounted round by round. A rolling stone loses its rough edges and acquires polish.

Keep on rolling. Out of old beliefs, old creeds; out of arid and barren pastures, roll into new thoughts, better positions and higher ideals. Even though the rolling may be attended by hard bumps, loss of friends and suffering, bear them patiently. They are the inevitable pains of progress.

Roll out of the belief that three-score-years-and-ten are the allotted span of life. Roll from age to youth—from weakness to strength. Keep on rolling—out of malice to kindness,—out of hate to love,—out of failure to success.

Roll and roll on until you reach “Pastures green, beside the still waters” until you are at peace with yourself and the world, and possess all the good things the world can give,—health, wealth and happiness. Blessed are the rolling stones, the saviours of the world.

DISCONTENTMENT AND DISCOM- POSURE

There is a great difference between discontented people and those who are discomposed. Discontented people are in the class with the "rolling stones." They are beacons that light the path of progress. They are not satisfied with the world as they find it and want to make it better. Healthful discontent is a virtue.

The discomposed people are those whose lives are disordered. They are easily irritated and vexed. They usually do not know what they want, and whatever they get, they want something else. They are the nervous, neurasthenic subjects. Discomposed people are merely luggage. They do not know how to be happy and they seldom allow anyone else to be. They never will accomplish great things, for, being in a constant state of irritation and peevishness, their vision is clouded. Discomposure breeds disease and fills hospitals and asylums. The discomposed people shorten the average of human life, as they usually die young. Everything vexes them. They have an

idea that life is teasing them and they resent it. The discomposed people have no aim. By forgetting self and undertaking some worthy task, they might forget their discomposure.

Healthful discontent is God in man bursting forth into fuller expression of infinite possibilities. The discontented person thinks there is a better way. He is not contented with methods used and wishes to find better ones. Had Moses been contented, he would never have spent forty years leading the children of Israel through the wilderness. We never would have had the ten commandments and the old testament would have lost a great part of its power. Had Christ not been discontented with established religion, with the greed, sin, cruelty and lust of the world, the sublime Sermon on the Mount would never have been given to man. There would have been no crucifixion and no resurrection and man would never have known that the grave could be robbed of its victory. While Christ was discontented, (not satisfied with life as it was lived), he was never discomposed.

Columbus was discontented with the size of the world and added a new hemisphere to the globe. Had Franklin been contented to sit down and watch the storm, electricity would never have been induced to slide to earth on his kite string.

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The discontent of Robert Fulton enabled us to sail the seas by steamer. The discontent of the steam in a tea kettle gave to the discontented brain of James Watt the idea from which the steam engine was evolved.

Morse was not contented with the slow mail and gave us the perfected telegraph which was born in the brain of discontented Joseph Henry.

Bell and Grey's discontent blessed us with the telephone.

George Westinghouse was not contented with the old hand brake and his discontent gave to man the air brake, that reduced the danger of travel and greatly lowered the cost of transportation.

Thomas Edison, that volcano of discontent, has given the world such a number of blessings, it is difficult to enumerate them, and though three-score-years-and-ten (the supposed jumping off place for man), he is still hard at work.

The Roll of the Discontented, but unconquered, to whom the world is deeply indebted, would fill volumes. Among them are Stevenson, Ericson, Thompson, Marconi, Wright, Curtis, Corliss, Roentgen, Morton,—the noble list extends to history's very first page.

Wholesome discontent may be likened to wireless messages flashed into etherial space calling

for help. They are man's conscious or unconscious S O S calls, and as the operators pick up wireless vibrations and interpret them, so great minds pick up the demands of discontent, the needs of the world, and undertake to solve the problems. They become the messenger boy and deliver to the world whatever its discontent demands.

Man is and always has been discontented. He resents the fallacy that three-score-years-and-ten is the allotted span of life ordained by Nature. Most men fail to appreciate the fact that it is mesmerism that holds him to this belief. Owing to his discontent, man has searched the world over for the Fountain of Youth—compounded elixir after elixir—thought he had found it in X-rays, violet rays, radium, etc., but prolonged life will not come from without. It is the product of the within. Man must force his mind to work in harmony with his body and as that rebuilds and rebuilds, always replacing the old cells with new ones, so he must replace old life thoughts with new ones, and if he visualizes youth as persistently as his body reproduces youth cells for old ones, he will have found the Fountain of Youth. But, it will not be elixirs or waters, but visions that will constantly renew his vital being and keep him young.

The healthy discontented people who read this book will be more discontented than ever over the accepted world-wide belief of three-score-years-and-ten, and if they become sufficiently discontented, they will destroy its mesmeric power.

The discomposed people—the ones vexed and irritated—will, no doubt, become more discomposed. They will doubt the truth of these statements that life can be prolonged. Every new truth will vex them. The discontented, however, working in harmony with Nature, will determine to rival the longevity of Moses and Thomas Parr. In another half-century this goal will be attained. When at that time there shall be a host of people, 140, 150 and 160 years young, the Jubilee Edition of this book will call attention to the age attained by Noah, Cainan, Jared, Enoch and Methuselah and beg those who are discontented with their attainment of 160 years, to continue the process of life renewal and emulate the vital history of Methuselah.

INTUITION AND FRUITION

This message of "How to Live and Grow Young" deals with the different phases of thought and is the unfoldment of a new truth which is destined to prove that three-score-years-and-ten is a mesmeric power that has materially shortened the life of man. The understanding of this philosophy will destroy this power and develop intuition which will help you to grasp this message. Intuition will protect you from accident for intuition gives one a clear vision and enables one to see the sign posts and danger signals; to be on the opposite side of the street when a girder or scaffolding is falling; to keep out of the path of some drunken, reckless, auto driver who is taking toll of human life.

A person whose intuition is highly developed will escape many of the pitfalls of life. The industrial development of the world has been carried on by those possessing clear intuition. The development of intuition is most important. Work for it. Watch for it, and go and meet it, for it is a good friend and will be a better one if

you cultivate it, and give it encouragement. It will lead you into all good, according to the 23rd Psalm.

Intuition is a wonderful guide and brings Fruition to those who heed it. Intuition and Fruition are partners.

Intuition will show you the way that leads to the Fruition of your desires. Watch for these intuitive messengers. Expect them; command your intuitions to come to your aid when problems confront you; consider that intuition is a silent partner and desires to aid and will if called upon for help. The obeying of intuition develops this power and brings fruition.

THE ROAD TO NOWHERE

There is a road for all endeavors of life. There is a road to health, happiness and long life which is open to all with no obstructions to progress save those we create or those we fail to remove when found. There is a road to Success and Prosperity. All of these roads are open to every human resident of earth, but few are sure which road they wish to take. A great majority seem to be on the Broad Highway to Nowhere. They resemble the traveler who asked for a ticket to Springfield. The agent inquired if his destination was Springfield, Massachusetts, Illinois or Missouri, and the traveler replied: "Doesn't matter, whichever is the cheapest."

Most people desire health, happiness and success, but many take the road which calls for the least thought and effort. The road to health is the most important of all roads to find. Study the maps and guide books of this road as you would the maps and guide books of Europe if you were planning a trip abroad. Give it careful attention or you will find yourself on the road to

Nowhere which leads through the swamps of ill health and disappointment and ends at the graveyard.

When you have found the road to Health, you will find that you are likewise on the road to Happiness, for the roads of Health and Happiness are virtually one and the same.

More than half the world think that there are only four salient things in life: bed and three meals a day. Many employers wonder how their employees get home at night, and are apt to attribute their efforts to instinct and not to mental effort. Many seem afraid of thinking, for fear they will run out of thought.

When you make up your mind to do a certain thing and are convinced that it is the proper thing to do and that it deserves success; when you are satisfied in your own mind, do not ask everyone you meet his idea about it. To do so is equivalent to consulting the sign post on the road to Nowhere. Remember that the man who really desires to do right has, in the long run, twice the power of the man who wants to stop him. All the good in the world remains after the finder passes on. It's not lost—it's just waiting around for some other finder to use it. The road to Success cannot be found by liars. Liars travel on the road to Nowhere. A liar must keep books and note down the kind of



lie he told and to whom he told it. A truthful man has only to refresh his memory. It saves bookkeeping on conversation.

Truth is a vital power in prolonging life, for those who deal in untruths (Mark Twain says there are eight hundred and sixty-nine kinds of liars) are always more or less worried for fear of being found out, and worry constantly travels the road to old age.

If you are ashamed to walk the streets with yourself; ashamed to go to bed with yourself, you are on the road to Nowhere. Those on the road to Success keep confidence with themselves and their fellow-men. Nature is on the side of the honest man and works with him. The secrets of Nature are revealed to the honest man, the man with a clean conscience and a clear vision. Honesty and integrity are powerful mental and moral disinfectants.

Honest endeavor is an ingredient of God's dynamite to blast open the secrets of Nature. Nature never jokes, never plays tricks on those searching for knowledge, but rewards them with its rarest blessings. Those who use God's dynamite, honest endeavor, invariably receive their reward; perhaps not in the form of the Legion of Honor, but certainly in the Honor of Legions of earth's worthwhile people.

Those on the road to Nowhere will find life anything but attractive. The only consolation for them as well as their fellow-men lies in the probability that, through having followed the wrong road, they will die young.

REGRETS AND REJOICING

All people of earth have cause for regrets and cause for rejoicing. Regrets interfere with health and shorten years. Rejoicing vitalizes the blood and quickens the heart action. Rejoicing makes the mind brilliant as sapolio brightens metal. Regrets dull the eyes, take the elasticity out of the step and deplete the atmosphere. Rejoicing quickens the step, brightens the eyes and vitalizes your atmosphere, for "All things respond to the call of rejoicing; all things gather where life is a song." The fact that you have made a mistake in life or broken one or two of the commandments may be ample cause for regrets, but rejoice that you have realized your mistake—realized that you were on the road to Nowhere and rejoice that you have discovered your mistake before it was too late to retrace your steps; that is indeed cause for rejoicing. Rejoicing is a real song of Praise, a song everyone who awakes in the morning with a perfect body, able to see and hear, should sing. This alone is a tremendous cause for rejoicing, but what a blessing to awake

in the morning and realize that you are living in the U. S. A., a country not overwhelmed with such gigantic and appalling problems as war-wrecked Europe. This should be such cause for rejoicing that regrets could find no lodgment in your mind.

Nothing enables man to realize and appreciate his blessings and rejoice over them more than Spiritual Equilibrium. Spiritual Equilibrium enables man to be connected with material development in all walks of life, to be interested in the advancement of man and in the progress of the world. Spiritual Equilibrium enables man to keep his head in times of stress—to see the golden lining of each earth cloud and rejoice that he can see it. Spiritual Equilibrium enables a man to look upon earth's honors and riches as only stepping stones on life's highway—to neither worship nor ignore them, but to rejoice over the blessings they bring.

Rejoicing prevents the poison of despair produced by regrets. The regretful person gives up when encompassed by clouds. The joyful person endowed with spiritual equilibrium climbs the mountain and gets above the cloud line—the same world for both, but one is in the sunshine and one is in the gloom. It is easy to stay in the valley. It is an effort to climb the mountains,

but it is worth the effort. In the valley there may be marshes to retard our steps. There are no marshes on the mountains. The air may be foul in the valley, but on the Mount of Rejoicing, the air is pure. You can remain in your room and climb these mountains. It has been done in prison.

Christ said to the thief on the cross "This day shalt thou be with me in Paradise." The thief only turned to Truth, was on the mountain-top of rejoicing and gained Paradise. If we turn to Truth, we can also rejoice that we have found Paradise, but without the pain of the cross to bear.

Blessed are those who can see the way, and not be forced to be crucified to find it. Spiritual Equilibrium enables you to avoid the cross, to "Live and Grow Young."

UNIVERSAL PEACE AND PROLONGED LIFE

While this book was being dictated bearing the message of youth and prolonged life, there came the assurance that it would find a place in the thought of the world. It is seed for thought which by falling in good ground will fulfill its mission, but it is a message that cannot be read and then laid aside. It must be made a part of daily thought. The full benefit of this message will never be realized until all nations grasp the fact that war is simply madness, that the preparation for war and the war thought do more to shorten life than all diseases of earth. The war is simply the highway of Nowhere; that the goal when reached by any nation is not victory, but ultimate defeat and disaster.

The establishment of universal peace and disarmament alone would increase the span of life from 5 to 10 years—not by lessened death rate, but from the fact that man had been able to discern the truth that it was a crime to take life. When the fact is seen that war is an illusion and

delusion, that it is a disease and plague, it will be conquered, but not until then.

There is no death. That which lives always has lived, always will live.

The separation of ten million souls from their mortal body and sending them by the wholesale to the next plane of existence does not at once change these individuals. They are filled with hate and, for a generation or more, influence the thoughts of those on earth. They cannot see that peace is the only way, any more than those left on earth can. Those who have died on the battlefield stir up those left on earth. They set in operation, influences that create tremendous confusion, making all national and international problems almost impossible of solution.

The discernment by the people of earth that universal peace is the only way would at once act as a powerful tonic, vitalizing all people, establishing hope and faith that civilization had at last reached the desired haven of peace. This alone would lengthen life, and the first great step would have been taken to break the mesmerism of age and death.

To continue war preparation in this age of development is to unloosen the furies of destruction. The mind of man cannot contemplate what it means, for shortly the inventive genius of the

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world will unlock from Nature secrets that will make warfare ten times as destructive as it was in the last war. If universal peace is at once established, there will be no market for this kind of research, and these persons will then turn their attention to constructive lines. The terrible explosives and death-dealing appliances now almost completed will remain locked in unexplored realms of thought, where, for the good of mankind, they should remain. If they are allowed to be discovered, they will have the power to destroy nations in a few days' time.

The hour has struck; the parting of the ways has been reached. Which will the Nations take? Will it be the path of Universal Peace and Prosperity, or lasting world-wide war preparation, standing armies, debts unpayable and death for millions, the destruction of civilization in less than a generation?

There are recorded in this book two truths now knocking at the portals of thought. The first is that it is possible by constructive thought on the side of life and youth to prolong life for years; second, that by establishing Universal Peace at once, it is possible to save the people of the next generation as well as existing governments from destruction. These two messages are the greatest ever given to man in 2000 years. Will he over-

look them as he did the message which was given 2000 years ago of "Peace on earth, good will to man?" Has war so blinded man that he must go on with war, war preparations and destruction and wipe out in the next twenty years the glorious progress recorded on history's pages? If this message is not heeded, it would have been far better if man had never advanced beyond the stone age for an uncivilized savage is less harmful than a civilized one.

SPIRITUAL ELEVATORS

Good thoughts are spiritual elevators. If you cannot furnish your own elevators, read good books that accomplish this purpose. Read books written by those with clear vision. Often some good uplifting thought will give you just the added power to turn pending defeat to victory. The preceding chapters in this book contain enough truth and inspiration to remove you from Lonesomehurst on the shores of Lake Despondency to a palace on Fifth Avenue if that is your desire.

The author herewith gives a list of well-known writers and some of their books, all of which are spiritual elevators, and will be helpful to those in quest of victory over mortal problems.

Fenwick L. Holmes is a well-known teacher of these vital truths. His books, "Being and Becoming," "How to Develop the Faith That Heals," and many others are recommended. His brother, Ernest S. Holmes, has written two books that are spiritual elevators—"Creative Mind" and "Creative Mind and Success." Emile Cady's

lessons in truth are highly inspirational. Dr. John Murray at the Hotel Waldorf, New York, is doing great good. Orison Swett Marden's books are a remarkable battery of uplifting thoughts. Millions have read Mr. Marden's books, for they have been translated into many languages. Chas. F. Haanel's "Master Key" is a key indeed to this new philosophy.

"The Pathway of Roses" by Christian D. Larson makes life's pathway more beautiful for those who read it.

Elizabeth Town of Holyoke has written any number of helpful books, and "The Nautilus" edited by this gifted woman has a wide circulation. Dr. Frank Crane's books and writings are a distinctive force in the world for good.

Dr. A. A. Lindsay's "New Psychology" is a wonderfully interesting book. It extends to every phase of human life and opens up many new avenues of thought.

The mere mention of names and books is inspiring, even though we cannot here detail the splendid achievement of the authors. Among them may be mentioned: Ralph Waldo Trime, with his books, "In Tune with the Infinite" and others; Dr. Julia Seaton; Joseph Perry Green; Nona L. Brooks; Annie Rix Millets, who edits "The Master Mind"; Henry Victor Morgan,

editor of "The Master Christian"; R. C. Douglas; Emma Curtis Hopkins; George Wharton James; Edgar Lucian Larkin; Edwin Markham; and John Herman Randall.

All these authors and books, with many others, are the spiritual elevators of the race.

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